

JEFFERSON MONTHLY

LEARNING BY RAIL

The Members' Magazine of The Jefferson Public Radio Listeners Guild

August 2015



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Cleopatra (Miriam A. Laube) delays Antony's (Derrick Lee Weeden) departure, in the OSF production of *Antony and Cleopatra*.



PHOTO: JES BURNS, OPB/EARTHFIX

A juvenile chinook salmon from the Klamath River shows signs of parasitic infection and disease (see EarthFix p. 22).

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By Laura Jessup

One of the advantages of taking the train across country is catching a glimpse of life in America's small towns. My family of four spent two weeks last August on AMTRAK trains, starting in Klamath Falls, Oregon and ending in Boston, Massachusetts. My husband is an SOU professor and I work part-time, so budgeting to make the trip affordable was key. We brought our camping gear and cooked many of our own meals.

We had 15 days to experience US geography and the living history of transportation along the tracks. And that's what we did: Twenty-two states in just over two weeks.



PHOTO: LAURA JESSUP

Riding the rails is an excellent way to catch a glimpse of life in small town America.



PHOTO: CRAIG T. MATHEW / LA OPERA

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The Evolving Newsroom

In the fall of 2014, NPR announced plans to restructure its newsroom with the goal of de-emphasizing the isolated work of single beat reporters. Instead, NPR envisioned a more interdisciplinary approach to covering important national and international issues with reporters capable of exploring those issues from numerous vantage points. For instance, NPR reduced the number of dedicated environmental beat reporters and made it the job of every reporter, regardless of their beat, to explore and report on environmental issues as part of their work. To support this new philosophy, NPR made available the 33 journalists that are part of its Science Desk to provide background, context and data to its reporters. In explaining this new strategy, NPR wrote: "The global environment story is rooted in many disciplines: international affairs, business, technology, politics, energy, and local action to name just a few ... NPR News produces coverage of the environment and climate that is broad in scope and touches (these) multiple disciplines. We are committed to fully representing the areas of public life and policy that these important topics touch."

This approach is not new to stations like JPR. Lacking the scale or resources of a national network or major market station, JPR has always taken a holistic approach to covering regional issues of public importance. After all, you can't really do a credible job covering forest management, drought, marijuana, water rights or wildfires without covering their economic and sociological impacts on communities. JPR journalists don't have the luxury of specializing. If they don't understand a particular aspect of a story, they need to learn it so they can help our listeners see more of the big picture.

Some national interest groups have criticized NPR for taking this new direction,

maintaining that NPR needs to double down and commit more focused resources on the environmental beat in order to be the "truth squad" against the likes of Fox News on climate change and other environmental issues. I think that's a losing game and won't move the needle toward achieving public radio's mission to help create a better informed citizenry. The issues central to public life are not getting narrower, they are becoming broader and more interconnected. While expertise in a given area is essential



Lacking the scale or resources of a national network or major market station, JPR has always taken a holistic approach to covering regional issues of public importance

for a reporter to cover an issue well, seeing and being able to convey the interrelated aspects of a complex community problem is also paramount if we are to succeed in stimulating an informed and meaningful civic dialogue that has any chance of leading to a community solution.

Another part of NPR's evolving news philosophy, which I reported on last summer, is integrating the work of local station and regional reporters into national coverage. This initiative continues to develop and NPR has recently announced several programs designed to put this plan into action. By making a more committed, intentional and measured effort to collaborate with reporters already on the ground in local communities, NPR can generate stories with greater depth and perspective, strengthen local stations and save money. This effort is already paying dividends – NPR recently received a prestigious Alfred I. duPont Columbia University Award for stories on energy, the environment, and the economy produced as part of a reporting project in conjunction with member stations.

As you listen during the coming months, I hope you'll listen with a critical ear and share your feedback with us.

Paul Westhelle is JPR's Executive Director.



LEARNING

Our train was rolling through the green hills of West Virginia. I was sipping tea in a wood-paneled dining car. A polite waiter in a pressed vest offered cream and sugar. I heard the hushed conversation of retired couples, families on summer vacation, business commuters. The spoons clanked on cups and the train rocked on its tracks. Then a gasp.

“Look!” a woman jumped to her feet and pointed out the window.

“Well, my, my!” cried another.

Laughter burst and nearly everyone reached for cameras. I looked outside. Waiting for our train to pass were five young men in nothing but Levi’s and their finest muscle-man pose.

“I feel 50 years younger!” laughed my 70-year-old tea companion. The half-naked men continued to flex and dance. In a small town, where even the train doesn’t stop, teens evidently don’t have much to do.

That’s one of the advantages of taking the train across country: catching a glimpse of life in America’s small towns.

My family of four spent two weeks last August on AMTRAK trains, starting in Klamath Falls, Oregon and ending in Boston, Massachusetts. My husband is an SOU professor and I work part-time, so budgeting to make the trip affordable was key. We

That’s one of the advantages of taking the train
across country: catching a glimpse of life in
America’s small towns.

PHOTO: @BIGSTOCK.COM. BY BOYER.

BY RAIL

BY LAURA JESSUP

brought our camping gear and cooked many of our own meals.

We had 15 days to experience US geography and the living history of transportation along the tracks. And that's what we did: Twenty-two states in just over two weeks.

Setting Off

We began our journey 60 miles from home and a hundred years back in time, at the 1910 Klamath Falls depot.

Each family member had a pack—clothing and personal items, sleeping bag, inflatable pillow, laptop or kindle, and camera. My husband hauled an extra piece of luggage: a wheeled cooler filled with our four-person tent, rain tarp, backpacking stove and mess kit.

"Mom, I feel like a hobo," my 12-year-old admitted, uncertain whether that was a good or bad feeling.

"Will I have my own room on the train?" asked my more excited 10-year-old.

"One room for you girls, one for just your mom and me." My husband winked as he said it.

"All aboard!" sang an engineer. We boarded the train heading northeast, to our first destination in Montana.

That evening, as our train passed east through the Columbia River Gorge, the August sun and AMTRAK schedule cooperated to provide a lovely sunset over the river, just as we tucked into our sleeping-car bed with two small bottles of champagne. Ahhhh. Add earplugs to muffle the clicking of wheels on rails through the night, and it was a perfect sleep.

The next morning we made our way to the dining car as the train jostled us right and left. Omelets, bacon, pancakes and hot coffee were included in the price of our sleeping car. We ate quickly. By 6am we were deboarding at West Glacier, Montana.

We chose to camp in Glacier National Park, although lodges like Glacier Guides and Village Inn at Apgar make it easy to enjoy the park on a larger budget. After picking up a rented car at the West Glacier train station, we headed to our campsite near the shore of Lake McDonald, the Park's largest lake with great views of the glacier-topped peaks looming across the lake.

Two days were enough to enjoy high elevation at the park, witness mountain goats beside the roads, watch for grizzly bears, picnic along lakes and streams, hike,

and touch our toes to the icy water from a few of the park's namesake glaciers.

"See the glaciers now," a park ranger advises. Of the 150 glaciers in the park during the middle of the twentieth century, all have retreated and many have disappeared altogether. We felt sad to imagine Glacier National park without glaciers.

The next day we packed our camping gear back into the wheeled cooler, returned our car to Hertz at the station, and continued east by train.

We were back on AMTRAK, following the route of the 1891 Great Northern Railway as it crosses the continental divide. Views east of the divide are miles of rolling prairie, occasional lonely log outposts and in the distance several Blackfoot tipi villages. We felt like emigrants seeing the West for the first time.

The train rolls from Eastern Montana to North Dakota, where we witnessed the North Dakota oil boom. From our train seats we saw in the distance and up close hundreds of fires burning day and night. A bi-product of fracking is natural gas, and in the rural plains, it's simply burned off.

CONTINUED ON PAGE 22



The train journey began at the Klamath Falls depot, originally built for the Southern Pacific Railroad and opened in April, 1910.



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Jefferson Almanac

Don Kahle

Self-driving Cars

They say self-driving cars are coming. I say they're here. I rented a car last week that didn't leave very much of the driving to me.

My own car is 20 years old, so the changes I experienced this week have probably been emerging slowly. I've been technologically asleep when it comes to automobiles, but sometimes Rip Van Winkle can see things more clearly because nothing helps awareness like a couple of good decades' sleep.

First, the car wouldn't let me start it. There's a key, but not for the ignition. In roughly the same place there's now a button you press to start the car, with a light that indicates whether it's on. I hit the start button, but it wouldn't start unless my foot was pressed against the brake pedal. Thankfully, when the car refused to start, it didn't know where my foot was; only that it wasn't where it needed to be.

Once the engine was running, I could back out of my parking space. Once in reverse, the screen that told me where to put

my foot now showed me where the car was going. Superimposed over the camera image, the car drew lines to show where the car would end up if I continued, not unlike how commentators use grease pencils to embellish sport replays. The car did all the work. There was nothing for me to turn my pretty little head about.

Cars have gotten smarter, but this bordered on sentience.

Admittedly, the actual driving was still up to me. I could set the cruise control if I wanted to give up this small modicum of control, but I wasn't about to do that. Meanwhile, the car

was busy deciding where the air conditioner should blow its air, based on which seats were being pressed on.

Door locks went down as soon as the car started moving. Whether that was locking others out or me inside was not a question I dared to ask.

The passenger side air bag was automatically disengaged when no one was sitting there. When somebody was, the car chimed like a department store elevator until the seat belt was fastened. I tried to trick the car by piling books and luggage on the seat beside me, but it wasn't fooled. Somewhere in its circuitry, it was snickering at me.

It told me how far and how fast I was driving. It showed my fuel efficiency – or rather, its own fuel efficiency when driven by the likes of me.

Once it started getting dark, I worried that I didn't turn the lights on. Later, when I saw they came on automatically, I worried that couldn't turn them off. Then I worried that I had too little to worry about. When I stopped the car, the headlights went off and the dome light came on. These cars have been watching us. They can predict our every move.

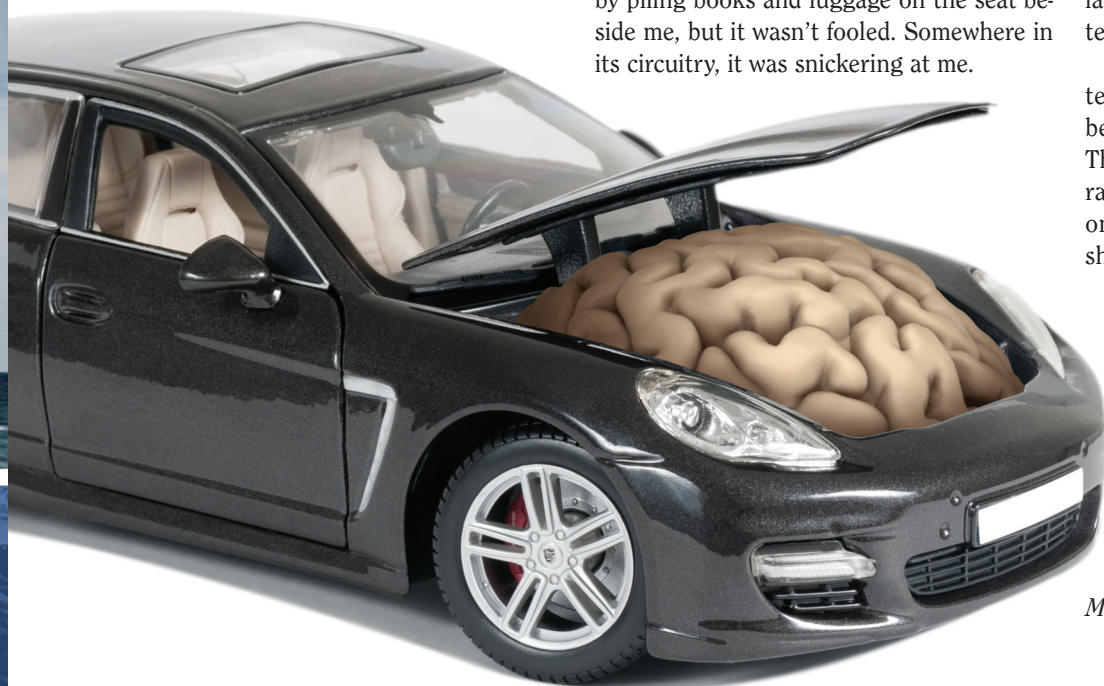
I exited the car, feeling disconcerted. Then I heard a rhythmic beeping. There were no other cars around, so I knew I was now in conversation with my rental car. Like a crying infant, I wanted to ask what was wrong. I checked the tires. They didn't need to be changed. I had noted the fuel gauge. It wasn't hungry. It wasn't too warm or too cold. So what exactly was the problem?

The car had been uncooperative when my foot was in the wrong place. Now it was unhappy for some other reason. We were in conversation about my personal failings. The car and I were in an uncomfortable relationship, in a parking lot. Cars have gotten smarter, but this bordered on sentience.

It turns out I had left the key in the center cupholder. I wondered if its rhythmic beeping was Morse code for "You moron!" The key and car talk to each other, using a radio signal to determine whether my finger on the button and my foot on the brake should start the engine.

This sudden surge of technological competence leaves me feeling infantilized. I haven't yet filled its tank with gas, but I'm pretty sure one of us will want to be burped afterwards.

Don Kahle (fridays@dksez.com) writes a column each year for *Jefferson Monthly* and blogs at www.dksez.com.



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Theatre And The Arts

Molly Tinsley

The Fury And The Mire

As the title suggests, *Antony and Cleopatra* sets the efficient militarism of Rome against the impulsive hedonism of Egypt. Making war collides with making love, laws and logic undercut spontaneity and intuition—this ancient world according to Shakespeare comes to rich life between such poles. In the excellent OSF production of the play onstage in the Elizabethan Theatre, director Bill Rauch's timeless approach to the history and his alertness to ambient comedy highlight a further, more subtle tension: the discrepancy between fact and image, between the ragged truth of human embodiment and the idealizations of heroic myth.

As the play opens, Antony's reputation is in tatters. Richard Hay's stark set evokes his quandary: a pair of silver Roman pillars straddles two golden triangles, joined along their base to suggest an Egyptian pyramid, as well as the open maw of the crocodile, serpent of the old Nile, a k a Cleopatra. Cleopatra's *modus operandi* has been to convert world leaders into lovers. Antony is known for taking and leaving women. Yet Cleopatra holds him in thrall. In her Egypt, lips and eyes open to eternity, brows to bliss, other body parts to heaven.

Then Antony's wife dies, and a sudden "Roman thought" sends him home, resolved to correct his "blemishes in the world's report" and reclaim his status in the ruling triumvirate beside Lepidus and Octavius Caesar. Out of range of Cleopatra, he enters a politically favorable marriage to Caesar's sister.

While Antony refurbishes his public image, young Caesar is in the business of developing his. He's visualizing world conquest. While Antony's image as leader stems from his generosity and sense of honor, Caesar

builds his on protocol, publicity stunts, and political maneuvering. He's trained his men to praise his cunning cruelties as "princely" and "full of grace." He proceeds

to destroy everyone who stands in his way, then salutes with Nobel-Prize *gravitas* the "universal peace" on the horizon.

Caesar's ambitions roll right over Antony's legendary status, thereby giving Antony an excuse to return to Cleopatra and take sides with her against Rome. But Antony's military acumen is eroded by passion, his forces lose to

Caesar's, and he begins his long fall. "I have fled myself," he laments: cut off from his triumphal image, he feels worthless, a nonentity. After he wrongly assumes Cleopatra's betrayal, he comes apart: he "cannot hold this visible shape." Ironically, it's Cleopatra who will restore Antony's exalted identity. In fact, nowhere is the discrepancy between reality and myth more blatant than in her paean to him—his "legs bestrid the oceans"—following as it does his botching of a would-be heroic suicide.

As the absolute ruler of Egypt, Cleopatra's image is actually more flexible. The divinity of Isis is in her blood, and these godly roots enable her childlike side, her mercurial, playful spontaneity. Before the half, when Rauch has her appear before her people in the dazzling "habiliments of Isis" with Antony by her side, she is both larger than life and littler—a girl delighting in playing dress-up. The scene is narrated, however, by the predatory Caesar, to underline how vulnerable she is outside Egypt and its relaxed cultivation of pleasure. It's what she realizes in the end: her captor Caesar will reduce her magnificent variety to the "posture of a whore." To protect her immortal image, she must take her own mortal life.

In the excellent OSF production of the play onstage in the Elizabethan Theatre, director Bill Rauch's timeless approach to the history and his alertness to ambient comedy highlight a further, more subtle tension.

No synopsis of the action does justice to the psychological complexity of this play, the tension between appetite and aspiration, or to the deeply specific performances of the cast. Derrick Lee Weeden's physical and vocal strength as Antony produce an ironic contrast with his inability to predict or restrain Cleopatra. This Antony seems equally helpless before his own reactive impulses, though as the play progresses, his awareness grows of the impasse he's created for himself. We love him for his readiness both to soar to poetic, if self-dramatic heights, and to puncture his own grandiosity with disdain.

Miriam Laube is superb as Cleopatra, all sinuous movement and emotional intensity. Her expressive coordinates shift in a flash from regal fury to antic delight as the volatile child in her takes turns with the noble queen. "Keep yourself within yourself," advises Charmian, asking the impossible. For Cleopatra, being *out there*, ignoring and exploiting gender boundaries, is a defense mechanism that has insured her survival. She swings a sword, waves a fishing rod, wields a knife, and violently chomps on a pickle. Her mantra might be, "When in need, kick." A touching moment early in the play gives away her depths: Antony informs her of the death of his wife Fulvia, and her first urge is to reach tenderly for his face. She quells it instantly, remembering he is on his way to Rome.

Raffi Barsoumian performs Caesar as the lovers' antithesis. His obsessively careful enunciation, the flatness of his language and lack of affect, all communicate cold calculation and a frightening belief in his own righteousness. He delivers a rehearsed farewell over Antony's corpse, using the occasion to frame himself as the dead hero's equal and betraying no sense of the travesty this is. He meets with the captive Cleopatra and is deaf to her sarcasm. When he has Cleopatra's son shot, he is merely safeguarding his new territory.

Caesar is a new generation of leader, the cold, rational victor to whom falls the privilege of writing history. Imagine how dry and two-dimensional his narrative of actions and reactions would be. Then give thanks for Shakespeare and the OSF's spell-binding, fast-paced version of events for plunging us into what the poet W. B. Yeats would call "the fury and the mire of human veins."

Molly Tinsley taught literature and creative writing at the U. S. Naval Academy for twenty years. Her latest book is the spy thriller *Broken Angels* (www.fuzepublishing.com)



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Inside the Box

Scott Dewing

The Big Deal About "Big Data"

We create more data every day than the amount of data created since the dawn of civilization up until around 2003. Think about that for a moment; try to really comprehend that and you'll realize that it is incomprehensible.

Every text message, every email, every picture uploaded to Facebook, every tweet, every YouTube video, every search on Google, every clinical diagnosis entered into a database, every airline ticket purchase, every financial transaction—the list goes on and on and on until every 24

hours a massive quantity of data is created. When it comes to data, size matters. This is "big data" and it is the latest big thing in technology.

Who's interested in big data? Well, pretty much everyone in every field from science, to healthcare, to retail, to government.

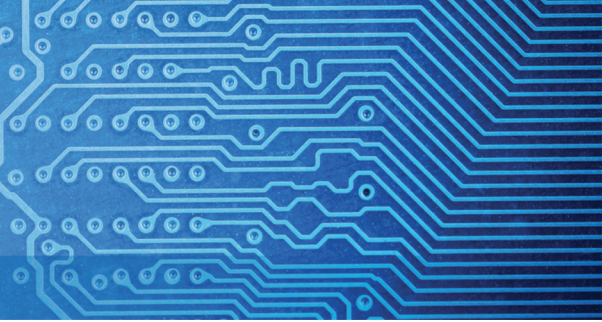
There is no precise definition of "big data". Google it, and the top hit for the phrase is Wikipedia: "Big data is a collection of data sets so large and complex that it becomes difficult to process using on-hand database management tools or traditional data

processing applications."

According to Viktor Mayer-Schönberger and Kenneth Cukler in their recent



"Let's shrink Big Data into Small Data . . . and hope it magically becomes Great Data."



book *Big Data: A Revolution That Will Transform How We Live, Work, and Think*, “There is no rigorous definition of big data. Initially the idea was that the volume of information had grown so large that the quantity being examined no longer fit in the memory computers use for processing, so engineers had to revamp the tools they used for analyzing it all.”

Or to put it another way, the amount of data we’re creating has outstripped our ability to usefully analyze that data. The ability to analyze data is the key to transforming that data into information. Without analysis, data is just a collection of bits without context and meaning.

The word “data” comes from the Latin *datum*, “that which is given”. In terms of computers, “that which is given” is commonly referred to as “data entry” or “data collection”. This can range from manual entry of data by a human being to the automated collection of data by remote sensing systems such as satellites taking pictures and transmitting them back to Earth to be collected in a database. A “database” is simply a collection of data, of “that which is given”.

A database has structure in the form of fields, records, and files. A field is a single piece of data. When you fill out an online form, you enter data into fields such as “Last Name”, “First Name”, etc. One complete set of fields is a “record” and a collection of records is a “file”. You and I could fill out the same online form, providing data in the same fields, however, we each become a unique record in the collection of records stored in a file on a computer somewhere.

And none of that data has any real value without analysis. This is the true power of databases: to extract and analyze the data that has been collected within it. This is how data is transformed into information that can be used to make decisions (and hopefully good ones).

So let’s return to this concept of humanity collectively creating more data *every single day* than the amount of data that was created since the dawn of civilization up until 2003. Daily, the sheer volume of “that which is given” is mind-boggling tremendous and has outstripped our ability to

transform the vast majority of it into information, or “that which is useful”.

The holy grail of “big data” is creating intelligent analysis tools that can process vast quantities of disparate data and transform it into useful information. Who’s interested in big data? Well, pretty much everyone in every field from science, to healthcare, to retail, to government.

“Big data refers to things one can do at a large scale that cannot be done at a smaller one, to extract new insights or create new forms of value, in ways that change markets, organizations, the relationship between citizens and governments, and more,” writes Mayer-Schonberger and Cukler in *Big Data*.

A great example of big data that comes from the sciences is the Large Hadron Collider (LHC), the world’s largest and highest-energy particle accelerator. To grossly oversimplify the LHC, atomic particles are accelerated in an underground tunnel that is 17 miles in circumference. These particles then collide with other particles and high-tech sensors are used to collect data about these collisions. While the particles are atomic, the data generated from their collision is astronomic.

Scientists estimate that the LHC experiments churn out about 25 petabytes of data every year. One petabyte (PB) is equal to 1,024 terabytes (TB). Most modern desktop computers come standard with a 1TB drive. So the data generated from collisions in the LHC would completely fill the hard-drives of 25,600 computers. This is why the builders of the LHC, the European Organization for Nuclear Research (CERN), also built the LHC Computing Grid, which is comprised of more than 170 computing facilities across 36 countries, to store and process all this data. This is big data.

Why is it important? Well, in a nutshell, scientists are attempting to recreate the conditions present at the theoretical beginning of the universe to help answer some of the unresolved questions in particle physics that will explain how all of this came to be.

Without big data, these questions would remain unanswerable. And once we’ve answered the “how” then maybe that information will help us to definitively answer the “why”.

Scott Dewing is a technologist, teacher, and writer. He lives with his family on a low-tech farm in the State of Jefferson.

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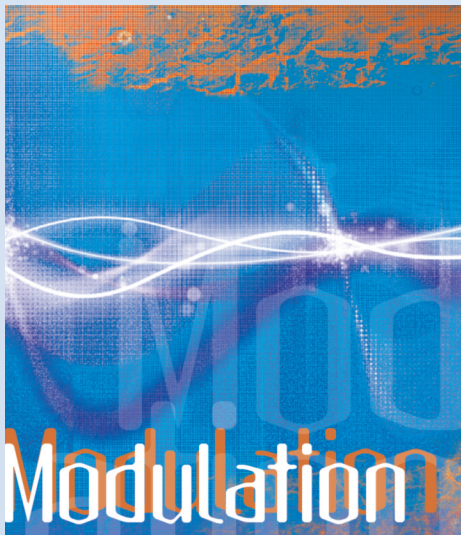
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Rhythm & News



The Splendid Table

Lynne Rossetto Kasper



Port Wine Peaches In Vanilla Cream: Picnic In The Park

Inspired by an old 19th-century American recipe, these golden peaches or nectarines are stained crimson by port wine and served in an intense vanilla cream, drizzled with their ruby cooking syrup. Make two to three days ahead and keep chilled. Assemble at the picnic site.

Ingredients

3/4 cup sugar
1 3- to 4-inch stick of cinnamon, broken
5 to 6 cups tawny port (here is where an inexpensive California port does a respectable job)
4 firm-ripe peaches or nectarines, peeled and cored
Water
3 cups heavy cream
1 large vanilla bean, split
Sugar to taste

Instructions

1. A day or two before serving, in a 6-quart casserole, combine sugar, cinnamon, and port, and boil for 5 minutes. Add peaches and water

to cover. Simmer gently until fruit is just showing signs of softening. Remove from heat and cool. Refrigerate in the liquid overnight.

2. The next day, remove peaches from liquid. Boil liquid down to about 1 1/2 cups or until thickened. Cool and add peaches back to liquid.

3. Combine cream and vanilla in a 4-quart saucepan, and simmer until reduced by about 1/2 or until thick enough to coat a spoon, about 8-10 minutes. Cool, strain into a bowl or pitcher and sweeten to taste. Refrigerate.

4. For transport, pack cream separate from fruit and keep everything cold. To serve, make a pool of the cream on each dessert plate or one large platter. Swirl in a few spoons of the reduced cooking liquid. Set fruit on the platter(s). Drizzle with a little more of the cooking liquid.

Recipe by Lynne Rossetto Kasper. Copyright © 2012. From the An Early Summer Picnic menu.

The Splendid Table airs Sundays at 9:00am on JPR's Rhythm & News service and online at www.ijpr.org



Your Money

Brian Naylor

Just In Time For Summer: National Parks Hiking Entrance Fees

Visiting a national park this summer? Be prepared to pay more for the experience. Many national parks across the country, faced with tight budgets and delayed maintenance, are increasing entrance fees.

The National Park Service says 106 of the 128 parks that charge entry fees are raising those fees or planning to do so in the coming year. The list includes many of the most popular parks such as Yellowstone, Yosemite and the Grand Canyon, as well as monuments and historic sites.

According to *The Washington Post*, “Park officials say the increases are needed to help them get to a backlog in construction projects, many of them vital to the visitor experience. The agency’s maintenance needs have piled up for years as cuts from Congress have eroded both operating and capital budgets. Half of all paved roads in the national park system have been designated as in fair to poor condition, park officials said in a report last year. More than two dozen bridges need repair, as do more than one-third of the hiking trails — some 6,700 miles.

‘Basically the money is used to enhance visitor services,’ said Kathy Kupper, a park service spokeswoman, ‘like building a trail or picnic area, or an education center.’”

According to the National Parks Conservation Association, which advocates for the park system, there has been “more than a 7% or \$178 million reduction in the account to operate national parks and more than a 12% or \$370 million reduction in the total budget for the National Park Service over the last five years in today’s dollars.”

The NPCA points out the fee increases are not to be used for daily operations such as ranger salaries:

“Funding national park operations remains the sole responsibility of Congress through annual appropriations and Con-

gress is scheduled to debate the Interior appropriations bill this week. On the eve of the centennial, Congress can provide the funding necessary by removing the budget caps and preparing our parks for another 100 years of service. Entrance and recreation fees support and improve visitor park experiences and some fee increases can be part of the solution to more adequately fund our parks to benefit the visitors.”

In Utah, entrance fees at Bryce and Zion national parks are increasing from \$25 to \$30, according to the *Salt Lake Tribune*:

“The increases were developed after National Park Service Director Jonathan Jarvis encouraged park officials last August to gauge public interest in possible fee changes. Jarvis said he wanted to achieve a standard rate system across the park service.

‘After carefully considering the impact of a fee increase on visitors and community members, we came to the conclusion that this is the right course of action to help us protect, preserve and share these special places with current visitors and future generations.’”

A National Parks Service spokesman says fees have not changed since 2008, and that 80 percent of the fees stay at the individual park. And the service is “sensitive to entry fees,” noting that an annual pass good for entry to all national parks is available for \$80, and there is free park admission for active duty military members, the disabled, along with numerous fee-free days and a \$10 lifetime pass for people 62 and older.

“The NPCA points out the fee increases are not to be used for daily operations such as ranger salaries

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Yosemite National Park

PHOTO: BRIAN NAYLOR



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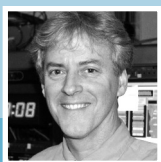
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First... The News

Geoffrey Riley

Of Dams And Trees: 30 Years In The State Of Jefferson

It hit me recently: I've lived in Southern Oregon and worked in the news business for 30 years this summer. THIRTY YEARS. And I suppose it feels like a bigger milestone than, say 25 years, because... well, because I'm a baby boomer, and anything over 30 was once considered old. So here's a chance to glance back at three whole decades in the "State of Jefferson": much has changed, and much has not.

The not: the region's natural features. Being near mountains and streams and forests brought my wife Joi and me here from Green Bay, Wisconsin. Green Bay has its charms, but it never felt like home, and we only spent 15 months there: long enough to get married and find another place to live. We didn't think of this as a permanent move, but the place grows on you, doesn't it?

The arguments over the uses of the mountains and streams and forests also have not changed. But over time, the people in favor of preservation have won the upper hand. Within a year of our arrival in the region, construction started on Elk Creek Dam, on a Rogue River tributary north of Medford. Powerful members of Congress from Oregon insisted that it was needed for flood control. Environmental groups insisted it was not, and a year into construction, a lawsuit stopped the project cold. It never got beyond one-third completion, and a dynamited notch in the partial dam lets Elk Creek flow freely once again.

Timber flowed freely from our forests in the mid-1980s. Loggers used to call the TV station where I worked to tell us about the big scores they were making, like single tree trunks so big they filled up a log truck. That came to an end within a few

years. The Spotted Owl's placement on the Endangered Species List in 1990 confirmed what conservationists had been saying for years... that timber cutting on federal land was going too fast; tree growth could not keep up, and ecosystems and their inhabitants were being lost. The

Northwest Forest Plan followed a few years later, and vastly-reduced timber cutting became the norm.

So society HAS changed in 30 years; the changes in resource use affected the people whose jobs depended upon those resources. Most high school graduates can no longer expect a timber mill job that will put them firmly in the middle class. The site of the Medford Corporation's big plywood mill in North Medford is now home to a Trader Joe's grocery. The former Georgia-Pacific mill site in Fort Bragg is a gem of oceanfront property that the city is now figuring out what to do with. Critics of the timber industry point out that many jobs were already lost

“
The arguments over the
uses of the mountains and
streams and forests also
have not changed.”

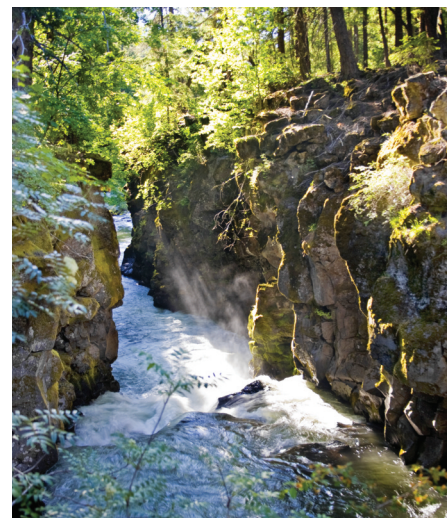
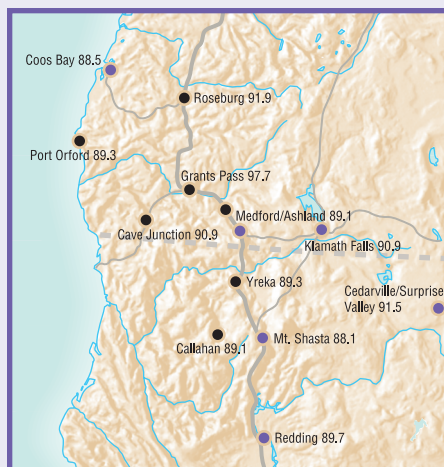


PHOTO: @BIGSTOCK.COM, ROGUE RIVER GORGE BY SCAMP

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5:00am Morning Edition
9:00am Open Air
3:00pm Q
4:00pm All Things Considered
6:00pm World Café
8:00pm Undercurrents
(Modulation Fridays 8–10pm)
3:00am World Café

Saturday

5:00am Weekend Edition
10:00am Wait Wait... Don't Tell Me!
11:00am The Best of Car Talk
12:00pm Radiolab
1:00pm Q the Music
2:00pm E-Town
3:00pm Mountain Stage
5:00pm All Things Considered

6:00pm American Rhythm
8:00pm Live Wire!
9:00pm The Retro Lounge
10:00pm Late Night Blues
12:00am Undercurrents

Sunday

5:00am Weekend Edition
9:00am The Splendid Table
10:00am This American Life
11:00am The Moth Radio Hour
12:00pm Jazz Sunday
2:00pm American Routes
4:00pm TED Radio Hour
5:00pm All Things Considered
6:00pm The Folk Show
9:00pm Folk Alley
11:00pm Mountain Stage
1:00am Undercurrents

through automation, and more would have been lost eventually at the old cutting rates, because mills would have run out of trees later, rather than sooner.

And our societal changes are more than resource-dependent. California's vote to pass Proposition 13 (in 1978) and Oregon's vote to pass Measure 5 (in 1990) were all about reducing property taxes and requiring more money from state government. But neither vote raised any other taxes, so the past 30 years have featured massive shifts in spending priorities, as our states took money out of one pocket to put into another. That's why public universities in both states depend far more on tuition payments than they once did. And why K-12 class sizes are up in both states. Both states have slid in several measures of educational quality. Whether that's all about the money is always a source of debate.

You live in any place for a bunch of years, you notice some changes. Our current home in Talent had few neighbors when we moved into it nearly 22 years ago. Across the street were a couple of acres of fields, and exactly two houses. Those houses and the open space are long gone, subdivided and filled in with more than 20 homes. Did we like the open space? Absolutely. But since the neighborhood grew up around us, we've made many new friends. I know this is the story for many people in the region:

move to the edge of town, only to find the edge moving past you. Within a few years, you're in the middle of things. Can we call it progress? Maybe. But as long as we accept the concept of growth, it's a situation we have to live with. And that's a discussion for another day, one we've had a few times already on *The Jefferson Exchange*.

I'll finish here with one more story of change over 30 years in the region. When we first moved here, I dearly wanted to ride the steam excursion trains out of Cottage Grove on the Oregon, Pacific & Eastern Railroad. But we never got around to it, and the owners closed the line and pulled the tracks up in the 1990s. The railroad bed is now the Row River Trail, paved for hikers and bikers for 15 miles out of Cottage Grove. Joi and I recently biked the length of the trail. Did it satisfy the railroad buff in me? No. But it did satisfy the bicyclist, and I got better exercise than I would have gotten in a coach seat. Change will happen; the response is up to us. Happy 30th anniversary!

Geoffrey Riley began practicing journalism in the State of Jefferson nearly three decades ago, as a reporter and anchor for a Medford TV station. It was about the same time that he began listening to Jefferson Public Radio, and thought he might one day work there. He was right.

The Splendid Table®



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The Splendid Table is a culinary, culture, and lifestyle one-hour program that celebrates food and its ability to touch the lives and feed the souls of everyone. Each week, award-winning host Lynne Rossetto Kasper leads listeners on a journey of the senses and hosts discussions with a variety of writers and personalities who share their passion for the culinary delights.

PROGRAM GUIDE CLASSICS & NEWS

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4:00pm All Things Considered
7:00pm Exploring Music
8:00pm State Farm Music Hall

Saturday

5:00am Weekend Edition
8:00am First Concert
10:00am Los Angeles Opera / San Francisco Opera
2:00pm Played in Oregon
3:00pm The Best of Car Talk

4:00pm All Things Considered
5:00pm New York Philharmonic
7:00pm State Farm Music Hall

Sunday

5:00am Weekend Edition
9:00am Millennium of Music
10:00am Sunday Baroque
12:00pm Siskiyou Music Hall
2:00pm Performance Today Weekend
4:00pm All Things Considered
5:00pm Chicago Symphony Orchestra
7:00pm Center Stage from Wolf Trap
8:00pm State Farm Music Hall

Bandon 91.7	Coquille 88.1	Lakeview 89.5	Parts of Port Orford, Coquille 91.9
Big Bend, CA 91.3	Coos Bay 89.1	Langlois, Sixes 91.3	Redding 90.9
Brookings 91.1	Crescent City 91.1	LaPine, Beaver Marsh 89.1	Weed 89.5
Burney 90.9	Etna/Ft. Jones 91.1	Lincoln 88.7	
Camas Valley 88.7	Gasquet 89.1	Mendocino 101.9	
Canyonville 91.9	Gold Beach 91.5	Port Orford 90.5	
Cave Junction 89.5	Grants Pass 101.5		
Chiloquin 91.7	Happy Camp 91.9		

Classics & News Highlights

* indicates birthday during the month.



PHOTO BY BEN GIBBS

First Concert

Aug 3 M Rossini: *William Tell Overture*
Aug 4 T Chopin: *Fantaisie in F minor*
Aug 5 W Leo*: *Cello Concerto*
Aug 6 T Villa-Lobos: *Bachianas Brasileiras No. 8*
Aug 7 F Bach: *Concerto for Oboe d'amore*

Aug 10 M Mozart: *Eine Kleine Nachtmusik*
Aug 11 T Bernstein: *On the Waterfront*
Aug 12 W Brahms: *String Quintet in F major*
Aug 13 T Ireland*: *A Sea Idyll*
Aug 14 F Couperin: *Deuxième Concert*

Aug 17 M Mertz*: *Three Nocturnes*
Aug 18 T Godard*: *Scènes Italiennes*
Aug 19 W Ginastera: *Estancia*
Aug 20 T Beethoven: *Quintet in E flat major*
Aug 21 F L. Boulanger*: *D'un Soir Triste*

Aug 24 M Suppé: *Poet and Peasant Overture*
Aug 25 T Respighi: *Ancient Airs and Dances Suite II*
Aug 26 W Telemann: *Don Quixote Suite*
Aug 27 T R. Clarke*: *Viola Sonata*
Aug 28 F Liszt: *Tasso*

Aug 31 M Ponchielli*: *Quartetto*

Siskiyou Music Hall

Aug 3 M Bliss*: *String Quartet No. 1*
Aug 4 T Dvorak: *Symphony No. 3*

Leon (tenor Brenton Ryan) and Florestine (soprano Stacey Tappan) hope to wed, despite the objections of Count Almaviva.



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KJPR AM 1330
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REDDING

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5:00am BBC World Service
7:00am Diane Rehm Show
8:00am The Jefferson Exchange
10:00am The Takeaway
11:00am Here & Now
1:00pm The World
2:00pm To the Point
3:00pm Fresh Air
4:00pm On Point
6:00pm Fresh Air (repeat)
7:00pm As It Happens
8:00pm The Jefferson Exchange
(repeat of 8am broadcast)
10:00pm BBC World Service

Saturday

5:00am BBC World Service
8:00am World Link
9:00am Day 6
10:00am Living On Earth
11:00am Science Friday
1:00pm West Coast Live
3:00pm A Prairie Home Companion
5:00pm To the Best of Our Knowledge
7:00pm BBC World Service

Sunday

5:00am BBC World Service
8:00am To the Best of Our Knowledge
10:00am TED Radio Hour
11:00am On The Media
12:00pm A Prairie Home Companion
2:00pm Backstory
3:00pm Le Show
4:00pm Travel with Rick Steves
5:00pm This American Life
6:00pm Fresh Air Weekend
7:00pm BBC World Service

Aug 5 W Rachmaninov: Piano Concerto No. 3
Aug 6 T Haydn: Symphony No. 7, "Le Midi"
Aug 7 F Bantock*: *Fifine At The Fair*

Aug 10 M Glazunov*: Symphony No. 7, "Pastoral"
Aug 11 T Mozart: Violin Concerto No. 5
Aug 12 W Biber*: *The Five Glorious Mysteries*
Aug 13 T Weber: Clarinet Quintet
Aug 14 F Grieg: String Quartet No. 1

Aug 17 M Eberl: Piano Concerto in E flat major
Aug 18 T Dohnanyi: Violin Concerto No. 1
Aug 19 W Enescu*: Piano Quintet
Aug 20 T Field: Piano Concerto No. 2
Aug 21 F Debussy*: *La Boite à bijoux*

Aug 24 M Tchaikovsky: String Quartet No. 1
Aug 25 T Gliere: Symphony No. 3, "Ilya Morometz"
Aug 26 W Castelnuovo-Tedesco: *Concerto Italiano*
Aug 27 T Tveitt: *A Hundred Hardanger Tunes*
Aug 28 F Brahms: Piano Quintet in B minor
Aug 31 M Mozart: Symphony No. 41, "Jupiter"

Los Angeles Opera

Aug 1 *The Barber of Seville* by Gioachino Rossini
James Conlon, conductor; Rodion Pogosssov, René Barbera, Elizabeth DeShong, Alessandro Corbelli, Kristinn Sigmundsson, Lucy Schauer, Jonathan Michie

Aug 8 *The Marriage of Figaro* by Wolfgang Amadeus Mozart
James Conlon, conductor; Roberto Tagliavini, Pretty Yende, Ryan McKinny, Guanqun Yu, Renée Ravier, Kristinn Sigmundsson, Lucy Schauer, So Young Park, Philip Cokorinos, Robert Brubaker, Joel Sorensen

Aug 15 *The Ghosts of Versailles*
by John Corigliano
James Conlon, conductor; Patricia Racette, Christopher Maltman, Kristinn Sigmundsson, Lucas Meachem, Robert Brubaker, Guanqun Yu, Lucy Schauer, Joshua Guerrero, Renée Ravier, Stacey Tappan, Brenton Ryan, Scotty Scully, Victoria Livengood, Joel Sorensen, Philip Cokorinos, Patti LuPone

Aug 22 *Thaïs* by Jules Massenet
Patrick Fournillier, conductor; Nino Machaidze, Plácido Domingo, Paul Groves, Valentin Anikin, Milena Kitic, Hae Ji Chang, Rebecca Nathanson, Kihun Yoon

San Francisco Opera

Aug 29 *Rigoletto* by Giuseppe Verdi
Nicola Luisotti, conductor; Zeljko Lucic, Aleksandra Kurzak, Francesco Demuro, Kendall Gladen, Robert Pomakov, Andrea Silvestrelli, Daniel Montenegro, Joo Won Kang, Ceprano Laura Krumm, Renée Ravier, Ryan Kuster, Jere Torkelsen



Elizabeth DeShong as Rosina

PHOTO: CRAIG T. MATHEW / LA OPERA



To Ease Pain, Reach For Your Playlist

We all know that listening to music can soothe emotional pain, but Taylor Swift, Jay-Z and Alicia Keys can also ease physical pain, according to a study of children and teenagers who had major surgery.

The analgesic effects of music are well known, but most of the studies have been done with adults and most of the music has been classical. Now a recent study finds that children who choose their own music or audio-book to listen to after major surgery experience less pain.

The catalyst for the research was a very personal experience. Sunitha Suresh was a college student when her grandmother had major surgery and was put in intensive care with three other patients. This meant her family couldn't always be with her. They decided to put her favorite south Indian classical Carnatic music on an iPod, so she could listen around the clock.

It was very calming, Suresh says. "She knew that someone who loved her had left that music for her and she was in a familiar place."

Suresh could see the music relaxed her grandmother and made her feel less anx-

ious, but she wondered if she also felt less pain. That would make sense, because anxiety can make people more vulnerable to pain. At the time Suresh was majoring in biomedical engineering with a minor in music cognition at Northwestern University where her father, Santhanam Suresh, is a professor of anesthesiology and pediatrics.

“When it comes to distracting people from pain, music has special qualities.”

So father and daughter decided to collaborate on a study. And since Dr. Suresh works with children, they decided to look at how music chosen by the children themselves might affect their tolerance for pain.

It was a small study, involving 60 patients between 9 and 14 years old. All the patients were undergoing big operations that required them to stay in the hospital for at least a couple of days, things like orthopedic, urologic or neurological surgery. Right after surgery, patients received narcotics to control pain. The next day they were divided into three groups. One group heard 30 minutes of music of their choice, one heard 30 minutes of stories of their choice and one listened to 30 minutes of silence via noise canceling headphones.

Children chose beforehand what they wanted to hear. For the book group, it was stories like *James and the Giant Peach*. For the music group, there were pop choices including Miley Cyrus, Taylor Swift and Justin Bieber for the younger kids, Jay-Z and Alicia Keys for the older ones.

To measure pain, the researchers used the Faces Pain Scale depicting illustrations such as a smiling, frowning or crying face. The children pointed to which picture best illustrated their level of pain before and after the audio therapy. After a 30-minute session, the children who listened to music or a book reduced their pain burden by 1 point on a 10-point scale compared to the children who listened to silence. That might not sound like much, but Sunitha Suresh says it's the equivalent of taking an over-the-counter pain medication like Advil or Tylenol.

The findings suggest that doctors may be able to use less pain medication for their pediatric patients. And that's a good thing, says Santhanam Suresh, as children don't tolerate such medication as well as adults. Children are smaller and are more likely to suffer side effects such as trouble breathing, nausea, itching and constipation. So the less pain medication, he says, the better.

When it comes to distracting people from pain, music has special qualities, says Dr. Lynn Webster, a pain specialist and past president of the American Academy of Pain Medicine. "It can generate not only a focus and reduction in anxiety, but it can induce a feeling of euphoria," he says. That can help drown out the pain.

The researchers plan follow-up studies to see if music can decrease the amount of pain medication needed once children get out of the hospital and are back at home, listening to their favorite tunes.



MARIA FABRIZIO FOR NPR

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Drought Allows A Salmon-Killing Parasite To Thrive In The Klamath

Two technicians balance on a floating fish trap about the size of a double bed. They dip nets into the water and scoop out small fish and mats of vegetation. The fish are carefully placed in five-gallon buckets and the weed is casually tossed back into to river.

The U.S. Fish and Wildlife techs are recording their catch from shallow side channel of the middle Klamath River. They're observing variety, inspecting the fish for signs of trouble, and packing up hatchery for disease testing at a lab.

"We've got a number of dead fish. Some of them are from disease. Some of them look like they've been ravaged by lamprey," says USFWS fish biologist Steve Gough, who has been overseeing fish sampling on the Klamath.

It's the disease biologists are worried about. More than half of the 3-inch long chinook in the trap are either dead or showing signs of a serious parasitic infection called *Ceratanova*, or "C" *shasta*. Gough says the fish likely picked up the parasite at a hot spot just a little ways upstream from the trap.

"They were most likely infected and on their last fin floating in," he says.

Warm river is this parasite's paradise

C. shasta is naturally present in major river systems throughout the Northwest, from the Cowlitz to the Columbia, Willamette and Deschutes, and all the way down into central California.

But this year, the Klamath River has been like a tropical resort for the parasite. It's warm and lazy with a steady buffet of

the two hosts it needs to complete its life cycle: the tiny, nearly invisible polychaete worm and the chinook salmon.

Klamath River water tests have shown parasite levels there more than 10 times greater than the level known to cause fish death. And nearly 100 percent of chinook caught in this fish trap in early May were infected.

Biologists warn that a fish kill is likely to occur. June is a critical time for the young fish. "What we really want is for them to

get out of the river before it gets too warm, but some fish aren't growing quickly enough for that to work out," says Alex Corum, a biologist with the Karuk tribe.

And the fish keep coming. Over the past few weeks, the Iron Gate Hatchery in Northern California released more than five million juvenile

chinook, the backbone of the Klamath salmon fishery.

Biologists believe few will escape infection. Infection does not always cause death, but the warm, low river flow means fish are weaker and they'll remain in the kill zones longer. Many young chinook will die.

Not enough to go around

"Any increase in flow in a drought year is going to be beneficial to the situation," USFWS's Gough says.

But aside from rain, the only place that water could come from far upstream – the Link River Dam.

Bureau of Reclamation Klamath District Manager Therese O'Rourke Bradford walks along the Link River Dam, which controls water flow out of Upper Klamath Lake in Oregon. A nutria scurries out of the way, disappearing over the side. "Water is extremely restricted. It's restricted for the fish, whether that be the suckers or the salmon."

“On the breezy bank of the Salmon River, a tributary of the Klamath, field technicians from a multitude of state, federal, non-profit and tribal agencies are being trained on how to respond to mass die-off of fish.”



Bureau of Reclamation Klamath District Manager Therese O'Rourke Bradford at the Link River Dam, which controls water flow out of Upper Klamath Lake in Oregon.

PHOTO: JES BURNS, OPB/EARTHFIX



PHOTO: JES BURNS, OPB/EARTHFIX

Fish biologists and technicians gather on the Salmon River in California for a Fish Kill Response training.

It's extremely restricted for the irrigators," O'Rourke Bradford says.

The dam is there to serve Klamath Project irrigators. Because there's no snowpack, the farmers are only slated to get about half the water they need.

A 2013 joint biological opinion requires Reclamation to release a minimum average flow to keep the fish alive. But when scientists with the Klamath Fish Health Assessment Team — or KFAT — requested an additional pulse flow to help disperse the parasite and get the fish downstream, Reclamation said "no," they didn't have enough.

"It's not something that we make a decision and put it on the shelf. We are literally meeting every single day, talking about fish, talking about irrigation, talking about the needs. Every single day," O'Rourke Bradford says.

She adds that the Bureau of Reclamation will consider future requests for additional water releases as they come.

Preparing for the inevitable?

In the event Reclamation's daily decisions don't lead to the release of enough water for salmon, agencies downstream are planning for the worst.

On the breezy bank of the Salmon River, a tributary of the Klamath, field technicians from a multitude of state, federal, non-profit and tribal agencies are being trained on how to respond to mass die-off of fish.

At this point, not only are the trainees concerned about the juvenile fish that are dying from the *C. shasta* parasite, they're worried about the adults returning this fall.

Weighing on everyone's mind is the death of tens of thousands of adult chinook in 2002. Craig Tucker is the Natural Resources Policy Advocate for the Karuk tribe.

"September is when the Yurok and Karuk people are doing World Renewal ceremonies, and it's when the active fishery is going on. And to see 70,000 adult salmon to go belly up in the river was a traumatic experience, to say the least, for people," he says.

Tucker says one way to prevent this from happening again is to implement the Klamath Restoration agreements, which would lead to the removal of several dams on the river.

But for now fish scientists are struggling deal with the present situation — making sure no one is blindsided by a mass fish kill. Aside from requesting more water releases from Upper Klamath Lake, technicians on the river can do little to prevent a kill.

But at least this time around, California Fish and Wildlife Biologist Sara Borok says they're much better prepared to respond.

"Now we can see it building from now. We have an idea, if we don't get water this year, we could be in a world of hurt again."

Jes Burns is the Southern Oregon reporter for EarthFix. She previously worked for KLCC, the NPR station in Eugene as a reporter and All Things Considered host. Jes has also worked as an editor and producer for Free Speech Radio News and has produced reports as a freelance producer for NPR, Sirius Radio's OutQ News, and The Takeaway. She has a bachelor's degree in English literature from Duke University and a master's degree from the University of Oregon's School of Journalism and Communications.

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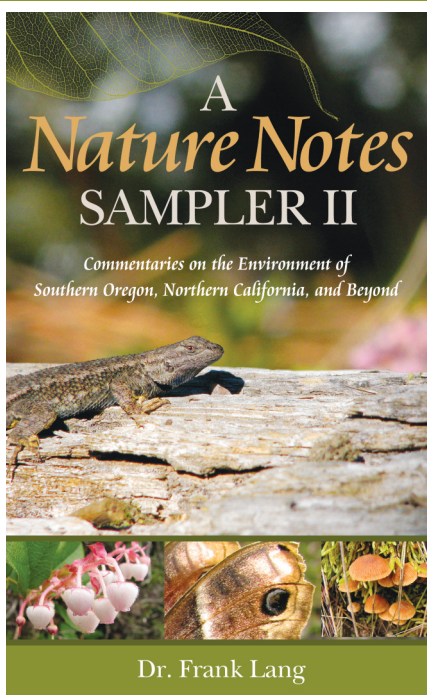
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The Salt WHAT'S ON YOUR PLATE

Allison Aubrey & Eliza Barclay

Dynamic Duos: How To Get More Nutrition By Pairing Foods

What are the makings of a great salad? You need fresh greens, of course, and then a layer of colorful vegetables like tomatoes and carrots.

That's a good start. But to help the body absorb more of the nutrients packed into this medley, you may want to add something else: a cooked egg.

A small study published in May in *The American Journal of Clinical Nutrition* concludes that adding eggs to salads makes it easier to absorb the carotenoids in the raw vegetables. Carotenoids are the yellowish-red pigments that give carrots and tomatoes — and lots of other fruits and vegetables — their color. Two famous ones are beta carotene and lycopene. In addition to giving us those pretty colors, they're also beneficial phytonutrients that help fight inflammation.

For the study, the researchers gave 16 participants raw mixed-vegetable salad with no eggs, a salad with one and a half eggs and a salad with three eggs. They found that the absorption of carotenoids was 3.8-fold higher when the salad included three eggs compared to no eggs.

Now, we should point out that the study was funded by a grant from the American Egg Board's Egg Nutrition Center, which may raise eyebrows. But the scientists at Purdue University who carried out the study say they worked independently. And the findings hold up, since the scientific mechanism behind this phenomenon is well-documented in other studies.

It's the fat in the egg yolk that is responsible for upping the nutrient intake. And, as we've reported, oil-based salad dressing helps accomplish the same goal.

The dynamic duo of eggs and carrots (or any other vegetable or fruit high in carotenoids) got us wondering about other food power couples. Turns out, they're not so hard to find.



PHOTO ILLUSTRATION BY MEREDITH RIZZO/NPR

"The impact of consuming one food with another on the absorption of nutrients is well known in nutrition science," Wayne Campbell, professor of nutrition science at Purdue University and lead author of the egg and salad study, tells *The Salt*. "Sometimes the impact may be positive and at other times negative."

A classic example: After corn is soaked in lime and water, then ground up, all kinds of nutrients in the corn are released and made available for absorption — cal-

cium, iron, niacin and minerals. This is why corn tortillas have been one of the bedrocks of Mesoamerican cuisine for millennia.

So, what about some other foods that you might as well throw together if you've got them on hand?

Campbell tells us that eating something high in vitamin C, like a red pepper, helps convert the nonheme iron in plant foods and iron-fortified foods into a chemical form that promotes absorption. (The other form of iron is heme iron, which is only found in meat and seafood.) Sounds like a good excuse to go Tex-Mex and stir some peppers into your black beans.

And while we're on the subject of beans, why not eat your hummus with whole wheat bread? Oh, you already do? Good. Because it turns out that you get all the plant-based amino acids you need from the chickpeas and sesame seeds (in the tahini) in the hummus if you combine them with whole wheat bread. This combo is a vegetarian staple for a reason: It's a complete protein.

If you're reaching for the turmeric to add to a curry, make sure you throw some black pepper in there, too. Drew Ramsey, the Columbia University psychiatrist-turned-kale evangelist, tells us that this combination makes curcumin, the pigment in turmeric that has anti-inflammatory and anticancer properties, easier for the body to access. One study showed that the alkaloid in the pepper boosted the availability of curcumin in turmeric by 2,000 percent.

Wondering why we paired yogurt with sunglasses? If you really want to take advantage of all the calcium that's in your yogurt, you're going to need some vitamin D. Campbell says that calcium absorption depends on having enough vitamin D in your gut.

And as our pals at Shots have reported, most people don't get enough sunshine to make vitamin D themselves. So why not eat your yogurt outside for 15 minutes under a bright midday sun?

Of course, not all pairings are beneficial. It turns out that phytates — a kind of acid — in things like tea and coffee may decrease the absorption of iron and zinc. So if you're having bacon with your morning coffee, you're not going to pick quite as many nutrients out of breakfast as you might otherwise.

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By Rail *From page 7*

We passed Willison, North Dakota, the center of the fracking business. The train filled with workers commuting across states for oil jobs. We saw them sleeping in seats and on floors. The AMTRAK slowed and often stopped—traffic congestion as trains carrying tanks of oil head to refineries in the West and barges to sell overseas.

Deep In The Heart

It's a slow ride through North Dakota. My family slept on and off, kids roamed up and down the train cars. I had plenty of time for conversation. I sat behind a man named Mike, born and raised in North Dakota. First I asked about winters: "I hear it's pretty cold." He smiled.



"Best memories of North Dakota are winters. Ice fishing. My dad set up a shed on the lake every year. Walleye."

"Do you still fish?" I asked.

"Not so much." I moved to Idaho four years ago. I couldn't afford my rent. With the oil business, rent rose so much. I lived in my car for a few months before I left for Idaho. I'm trying to move back."

We learned more about living in North Dakota at our next stop, Minot. "My-not? Why not?" my husband punned. We hopped off the train by evening and headed to the Dakota Rose Bed and Breakfast for a sleep in a comfortable bed rather than in a semi-reclined train seat.

Minot was a pleasant surprise. We spent the next day walking from our B&B, across the Souris River, to the Scandinavian Park, to Souris River Brewing, and back to the AMTRAK station. Along the Souris River, we witnessed the devastation from the 2011 Souris River flood, a 200 to 500 year event. Close to 12,000 residents were evacuated during the flood. Many who lost homes had



no insurance, and many homes remain boarded up even today. But North Dakotans are strong and resilient. We were awed by the Scandinavian Park where we saw enormous, hand-carved replicas of Nordic dwellings that looked to us like Viking ships. The park honors the nearly 40% residents of Scandinavian heritage. We ended our day at Souris River Brewing—enjoying buffalo chili, great beer, and an excellent mix of hippies, dreadlocks, Wrangler jeans and gingham.

From North Dakota we rode the AMTRAK to Chicago. Entering an industrial city by train is an eye opener. By morning, as we approached Chicago, we saw miles of graffiti on warehouses, sprawling refineries, factories and mills, chemical and energy plants, discarded waste and the substandard housing that lines many tracks. Not pretty, but an important piece of America witnessed from the comfort of an upholstered chair and train window.

Chicago's Union Station dates to 1881, when growth was so rapid that by 1913 the station needed renovation to accommodate

Before You Go: Getting Ready For Your AMTRAK Trip

For the best prices, make sleeping car reservations in advance. Cost can range from \$100 to \$500 for a room for two, meals included.

Consider a rail pass. AMTRAK offers 15 days with 8 segments of travel for \$449 (half price for kids 12 and under).

If you plan to camp at National Parks, reserve ahead. They fill up quickly during the summer months.

Rent cars at the AMTRAK station. Hertz operates from most stations, with after-hour key drop available.

Ask your hotel for complementary shuttle to and from the AMTRAK station. Similar to airport shuttle, many hotels offer rides for AMTRAK travelers.

PHOTOS, LEFT TO RIGHT: Glacier National Park, Montana; Vandalia, Montana; Harper's Ferry, West Virginia; Minot, North Dakota; proudly displaying their muscles, young men in West Virginia greet train passengers with a pose meant to impress — it worked.

five railroads. We took advantage of the 7-hour layover in Chicago.

From Union Station, we grabbed a cab to Lou Malnati's for sausage deepdish pizza on a buttercrust—pure decadence. We walked off our lunch. On foot, we headed to the Art Institute of Chicago and strolled past the “jelly bean” sculpture of Millennium Park. We dipped our feet in Lake Michigan before hailing a cab back to the AMTRAK station.

That evening we splurged on another sleeping car. “Mom, why are those passengers dressed like that?” my daughter whispered. She motioned toward a family who looked to me Amish or Mennonite. We were heading through Pennsylvania, where the train is an acceptable means of travel for families with these traditional values.

From Chicago through Pennsylvania and West Virginia, the AMTRAK shares the rails with industry—coal. It was a slow ride along-

Harper's Ferry eight times. Residents fled through secret passages.

A full day and night was enough time to explore museums, follow the Appalachian Trail over the Shenandoah River, and walk the historic center of Harper's Ferry. The next day, we took a commuter train to D.C.

It's a relief not to have a car in cities like DC and New York. No stressful driving in traffic. Arriving by train we experienced the flow of workers, streams of subways, busses and cabs at Union Station. We stashed our camping gear in a locker at the station and walked to The George, the most expensive hotel on our trip.

We could afford one night at DC hotel rates. We had enough time to spend half a day at the Smithsonian, ride the carousel at the National Mall, enjoy two hours at the Spy Museum, stroll by the White House at sunset, and watch the moon rise beside the war memorial. It was dark when we returned to the hotel. “My feet hurt,” complained my youngest. We were all tired.

We were happy to rest our feet traveling from DC to New York City. “Are we there yet?” It's an existential question. Are we ever THERE? I answer, “no.” We had 3-1/2 hours to Penn Station.



We experienced New York the way New Yorkers do: by subway, on foot, in a cab, by commuter ferry. Our first evening, we wandered through crowds at Times Square, illuminated by mammoth displays of LED lights and digital billboards. “Mom, look!” My daughter huddled around a young artist with spray paint and poster board. In less than a minute he created a moonscape in blues and oranges. We were awestruck. Near City Hall, we watched a street performer jump over six volunteers from the audience. A long jump would be impressive enough, but this street performer did a flip in the air while sailing over six people. We walked down Wall Street and across the Brooklyn Bridge. For free, we rode the Staten Island

ferry and photographed the Statue of Liberty. After two days in New York City, I looked in my wallet. Our hotel, booked ahead, cost \$140/night. Two days and nights, including meals, travel and entertainment cost us less than \$400. That's New York on a family budget! We left the city with a desire to return. “Next time, when we come back,” opened many conversations on this whirlwind trip across the country.

We were on our last segment, New York to Boston. We unfolded a map and pointed to the states we passed so far: Oregon, Washington, Idaho, Montana, North Dakota, Minnesota, Wisconsin, Illinois, Indiana, Michigan, Ohio, Pennsylvania, West Virginia, Virginia, District of Columbia, Maryland, Delaware, New Jersey. In a short four hours we would pass through the last four states: New York, Connecticut, Rhode Island, and finally Massachusetts.

At the Boston station we rented a car and headed up the coast to Acadia National Park. All along the highway were signs advertising lobster. We stopped at a diner decorated with lobster traps. My husband coached me on how to eat a whole lobster. We both wore plastic bibs. “Really, mom? You're wearing a bib,” my teen looked away embarrassed. “Delicious,” was all I could reply with a mouthful of lobster and butter.

“Where are you from?” our waiter asked. It was evident we weren't from around here. “Oregon.”

“Oregon! I hear it's gorgeous! Trees, beaches. Why did you come here?”

Turns out, after two days in Maine, we wondered the same thing. Yes, Acadia National Park is beautiful and Bar Harbor is a fun town to eat a lobster roll, but next time we'll save a bunch of money and stay in Oregon—awesome beaches and chowder right here at home.

We choose Boston as our final destination, both for its enormous history and its cheap flights back to Oregon. In Boston, lodging is expensive. We spent two nights at a Vacation Rental by Owner on Beacon Hill and chose a red-eye flight the next day, so we would have three days in Boston for the price of two.

Our last day we followed Boston's famous 2.5 mile Freedom Trail—a trail marked by gold bricks in the sidewalk passing Boston's most famous historic sites. We started at the Massachusetts State House, first covered in copper in 1802 by Paul Revere's company. We read the faded script on the grave stones at the 1606 Old Granary



side miles of coal trains. By morning we reached historic Harper's Ferry.

I'd seen Harper's Ferry in movies about the Civil War and heard about abolitionist John Brown's historic raid, a catalyst for the Civil War. The town is part of Harper's Ferry National Historic Park, with an 1894 train station that sits near the confluence of the Shenandoah and Potomac rivers. We carried our backpacks up a cobblestone road to the nineteenth-century Town's Inn, where I reserved a large room. We dropped off our luggage and went to Private Quinn's Pub for a cold Samuel Adam's and root beer for the kids. My daughters soon began exploring the old building. They peeked into the fireplace, where behind burnt logs they saw a small dark passage.

“Where does the secret passage go?” my youngest asked. We ordered another beer and asked our bartender. During the Civil War, confederate troops took hold of



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Burial Ground, the resting place of Paul Revere, among many other revolutionary war-era patriots. We talked about Ralph Waldo Emerson and Nathaniel Hawthorne as we passed the 1828 Old Corner Bookstore, where the authors met during the 19th century. Back in Oregon the kids would be squirming in their seats but walking through history, like we were doing, had them fully engaged. The kids asked about the Bookstore's first owner in 1638, Anne Hutchinson, accused of heresy. We stopped at the Old South Meeting House, known for its role in the Boston Tea Party, and lingered under the balcony of the Old State House, standing at the site of the Boston Massacre.

Homeward Bound

My Irish great-great-grandparents arrived in Boston during the Potato Famine in 1846. They could not make it in the big city so, with thousands of other immigrants, they took the train West. It strikes me as we are walking in Boston that we could be retracing the same steps. In downtown Boston, two statues remember the Irish Famine. The bronze figures show two groups—one family starving; the other strong, determined, walking away. My family is struck by the number of homeless in Boston. On a street corner I see a homeless man crying in the arms of a woman. I see a third beggar rise with his cup of coins to give what's in his cup to the crying man. I'm struck by the generosity of one homeless to another. People in suits walk by. Do they even notice?

We flew home that night. We were exhausted. The kids, wearing their backpacks to the airport luggage check, looked as if they had hiked the Appalachian Trail—all 2168.1 miles.

"Been backpacking?" the Alaska Air agent asked. We checked our packs and lightened our load. On the flight home we scrolled through photos from our trip and reminisced with tired smiles.

Experience is the best teacher. When school started in September, both my daughters aced their geography tests. They remember the names of the capitals and know exactly where each state is: Oregon, Washington, Idaho, Montana . . . Rhode Island and Massachusetts, all 22 states they saw from their railcar window.

Laura Jessup lives in Ashland, Oregon, with her husband and two daughters. She teaches at Southern Oregon University.

Poetry

Dan Kaufman

Steam

Hold a lower corner
with longish tongs.
It gets hot. Shield
the ink. Don't think
it's moisture proof,
it's not. Be mindful
your kettle holds
adequate water.
Avoid the whistlers.
You'll sweat. Stuff
gets wet. Apply
a blotter. It's better
to be alone. This takes
tightrope concentration.
Turn off your phone.
Funnel all ensuing
mist so the envelope
won't warp. Keep
a razor ready to slide
beneath the flap.
With modest nerve
and diligence,
you'll leave no trace.
Remember this conversation
never took place.

Dan Kaufman was born in Los Angeles and graduated from UCLA. As a prize-winning landscape photographer, Dan nurtured an art and gift gallery with his wife Marilyn in Napa's wine country for 25 years. They now make their home in Southern Oregon. Dan is a past winner of the Jessamyn West Poetry Award, and his writing has appeared in Bay Area and Rogue Valley anthologies and has been recognized by the Oregon Poetry Association. While the nature of poetry is instability, he looks for balance points where opposites are true.

Writers may submit original poetry for publication in the *Jefferson Monthly*.

Email 3-6 poems, a brief bio, and your mailing address in one attachment to jeffmopoetry@gmail.com, or send 3-6 poems, a brief bio, and a self-addressed, stamped envelope to:

Amy Miller, Poetry Editor, *Jefferson Monthly*
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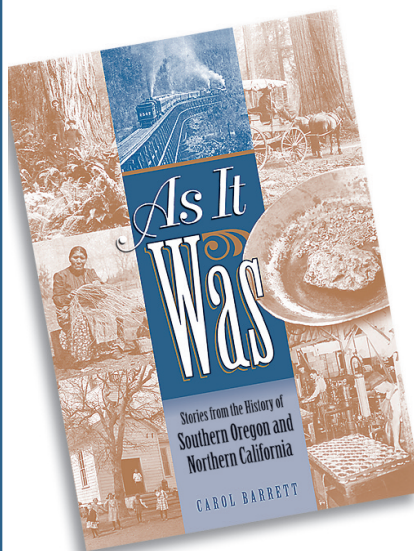
"Clean clothes go on top," my wife advises
this morning as we pack our suitcase for home.
The motel TV shows a local station. I didn't know
this seaside county had a poet laureate.
She looks sturdy. Middle sixties. Quiet hands,
an open face, the tattoo of a milk cow
on her sleeveless biceps.

"Heard of her?" my wife asks from the mirror.
"Just now," I say, enchanted by the poet's measured voice.
"...few distill a salary from poetry," she tells the interviewer,
"so I make organic cheese to pay the bills."
At the window, I watch the workday sun
reflecting on the motel pool.
"...the need to ruminate," the poet says.

Not far away, perhaps this woman's empty cows
have filed from an ordered barn, are ambling
into pasture by the sea.

"Ever consider a tattoo of lines from your poems?"
her interviewer asks. The camera finds the poet's upper arm.
"Revision is already painful," she laughs.

As we're driving home, I imagine tawny Guernseys
grazing on a poem's hillside. Their flanks reveal
an image of a woman filled with words.



As It Was: Stories from the History of Southern Oregon and Northern California

BY CAROL BARRETT

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As It Was

Stories From The State Of Jefferson

Early Ranchers Settle Scott Valley

By Gail Fiorini-Jenner

Among the first ranchers to drive cattle into Scott Valley, Calif., in the early 1850's, Hurd and Lytle, were accompanied by teenagers Albert and Edgar Denny, who met up with the ranchers on the California Trail near the Humboldt River in Nevada. They promised to help get the animals to California safely and joined the herdsmen to Scott Valley.

Another pioneer family headed by the Davidson brothers, Dave, Bill and Jerry, was one of the first to graze cattle in the Marble Mountains. They came to California in 1849 by way of the Isthmus of Panama.

William Davidson crossed the plains in 1850, arriving in Yreka in 1851. He mined for a time and opened a store in Deadwood, then moved to Scott Valley to farm. His son James was said to be the first Anglo-American born in Scott Valley, on Dec. 3, 1853.

George Smith, another early Scott Valley rancher, mined in the Salmon River country before becoming a farmer. He married Cleopatra Fairbrother and they had six children. Smith's only son, Fred, operated the ranch until his two sons, Ormond and Leland, took over. George also helped build the Rough and Ready flour mill.

Source: Fiorini-Jenner, Gail L., and Bernita L. Tickner. Western Siskiyou County: Gold & Dreams. Charleston: Arcadia Publishing, 2002/2005. 74-76. Print

Klamath Citizens Repair Miles of Roads in a Single Day

By Kernan Turner

It was May 20, 1915, when more than 150 Klamath Falls business and professional men donned old clothes to improve 105 miles of highway in a single day. The *Evening Herald* newspaper called it, "The greatest and most successful co-operative civic movement in the history of Klamath Falls" up to that time.

Inspired by a proclamation issued by James Withycombe, Oregon's 15th governor, the volunteers, armed with shovels, picks and other tools, went to different main roads to clear, level and otherwise make improvements.

The Good Roads Day proclamation encouraged all forward-looking citizens of the state to participate. The governor said, "Better roads are desirable not only from a commercial standpoint, but also because they promote social community development and increase our civic pride."

The newspaper reported that 40 men under the supervision of Judge George Baldwin "did excellent work on the road from Keno to the state line." They cleared rocks and boulders out of the road along Topsy Grade, and filled and smoothed all the rough spots and chuckholes.

A crew of more than 40 men headed by Capt. J.W. Siemens improved the Long Lake grade on Pelican Bay Road.

Source: "Miles of Roads Repaired in a Day." *Evening Herald* (as published in The Midge, Cultural Newsletter for the Klamath Basin. 20 May 2015 [Klamath Falls, Ore.]) 20 May 1915 [Klamath Falls, Ore.]. Print

As It Was is a co-production of Jefferson Public Radio and the Southern Oregon Historical Society. The series' script editor and coordinator is Kernan Turner, whose maternal grandmother arrived in Ashland in 1861 via the Applegate Trail. *As It Was* airs Monday through Friday on JPR's *Classics & News* service at 9:30am and 1:00pm; on the *News & Information* service at 9:57am and 9:57pm following the *Jefferson Exchange*.

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